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The Classmate: Officer Students' Wives' Club Magazine / Vol.28, no.2 (February 1987)

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the classmate

OFFICER STUDENTS' WIVES' CLUB MAGAZINE

VOLUME 28, NO. 2

February 1987



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the classmate

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The *Classmate* was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students' Wives' Club of the Naval Postgraduate School. Material and opinions contained herein are those of the publishers and are not to be considered an official expression of the Department of the Navy. Because of its functions as an unofficial medium for the Officer Students' Wives' Club, advertisements in the publication do not constitute an endorsement by the Department of the Navy of services advertised. Written permission is necessary to re-print any material herein. Published at no cost to the U.S. Government by Herald Printers, 201 Foam St., Monterey, CA.

The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st to get into the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.

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On the cover: Hearts and flowers set the stage for a traditional Valentine's Day.
Photo by Frank Harris.



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by Judy Davis

With Valentine's Day just around the corner, many of us may find our thoughts turned to the ones we love. But unlike our courtship days, thoughts of wine and roses, soft music and tender words, now share center stage with jobs, studies, children, housework and a host of other distractions. Somehow, as our responsibilities increase, it becomes harder and harder to allocate time for ourselves and our loved ones.

What better time to step back and take a good look at ourselves? In this issue of *The Classmate*, we focus on shaping-up various aspects of our lives. While "shape up" usually conjurs up notions of barbells and jogging shoes, this month's features deal with some of the non-athletic forms of keeping ourselves fit.

If eau de Top Job is your most worn scent and a collection of college hold-overs fills your closet, you're sure to enjoy the "shape up" tips from our beauty and wardrobe experts. Read how they updated Judy Scalzitti's "look" to fit in with her part-time job in recreation and her full-time post as wife and mother.

With increasing attention paid to good nutrition as the key to overall physical fitness, what we eat is as important as what we do to keep in shape. To that end, we asked Lt. Farling, USA, a dietician at the Silas Hayes Army



Hospital, to share her tips for healthy eating with *The Classmate's* readers. You may want to read her suggestions after you sample Navy Bleu's caloric, sinful Valentine's dinner for two!

No assessment of our overall fitness would be complete without some attention to our financial shape. If Christmas bills are rolling in faster than your paychecks, Lcdr. Dave Kreigel of the Family Services Center has a plan to get you out of debt and on the road to stronger financial health.

While planning this shape-up issue, *The Classmate* staff also took some time to look at the magazine itself. In the months ahead, we hope to add a number of new columns, recruit more local "experts" to contribute articles in their specialties, make some changes in our "look" and, most importantly, seek out more input from the NPS community.

The Classmate always welcomes new ideas and contributors. If you have any suggestions, comments, criticisms or kudos, feel free to send a Letter to the Editor to SMC 2330. We will make every effort to print your letter (names will be withheld on request).

In addition, we are always looking for contributors. Whether you wish to submit just one article, or would like to write for every issue, we'd love to have you join us.

If you'd like to be involved but agonize over writing anything longer than a thank-you note, take heart! We currently have openings for a circulation manager and for artists and photographers. No matter what your area of interest, we'd be happy to put you to work.

The Classmate staff meets the first Tuesday of every month, at 8 p.m., in the Tower Room of Herrmann Hall. If you are interested in working on the magazine, please plan to attend one of our meetings, or call any of the staff listed on page 1.

President's Message



by Mary Lou Pilnick

When we hear the phrase "shape up" it brings vivid images of diets, calisthenics, deprivation and denial. Most

of us included some type of "shaping up" in our New Year's resolutions (remember those?). One of the areas of our lives most in need of attention, though, is usually overlooked. How long has it been since you put some real effort into getting your family relationships into great shape? It is very easy to let everyday pressures get in the way of the important things: finger-painting with a two-year-old, *really* listening to the daily exploits of a third-grader, unexpectedly cooking a study-weary husband's favorite dinner, or bringing flowers to the lady who spent her day finger-painting, listening and cooking.

Valentine's Day offers a subtle incentive to lovers to do something romantic for each other, but why not let this Valentine's Day be a special day for doing loving things within the

family too? Put aside studies, job, laundry, sibling rivalry and for one day concentrate on each other. You'll strengthen the bonds that get us through the pressures of NPS and beyond, and create some precious memories to treasure in the months ahead. Maybe you'll even decide to consider Valentine's Day an annual "shaping up" day to value each other!

* * A special note to those in search of the perfect Valentine's Day treat for spouse or family: the fancy-bakers and treat-makers of OSWC are sponsoring a stupendous "**Sweets for your Sweetheart**" bake sale on Friday, February 13. So plan to stop by our tables of outrageous goodies, set up in Herrmann Hall (outside the SMC's) from 11 to 2 p.m., to pick up a beautiful homemade creation. We'll even wrap it for you!!

OSWC MEMBERSHIP

The OSWC is the Officer Students' Wives' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSWC also sponsors the Art Auction, Adobe Tour, International Students' Wives Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly Pink Flyers and the OSWC Directory. To obtain membership, fill out the form below and send it with a check made out to OSWC to: Helen Marie Putnam, 441 Monroe St., #3, Monterey, CA 93940. Phone 375-1084, SMC #2032. Dues: \$2 per quarter, minimum 4 quarters for new members/renewals (or remainder of duty stay).

SMC # _____ New Member _____ Renewal _____ Active _____ Associate _____

Last Name _____ First _____ Phone # _____

Spouse's Name _____ Rank _____ Service _____

Curriculum _____ Graduation Date (month/year) _____

Address _____ City _____ Zip Code _____

Length of Membership _____ Amount Enclosed \$ _____

Are you interested in committee work? YES _____ NO _____ Volunteer? YES _____ NO _____

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSWC Directory? (members only) YES _____ NO _____

Would you like a copy of the OSWC By-Laws? YES _____ NO _____

FOUND!!

A ladies gold watch was found at the Bargain Fair on December 6, 1986. If this could be yours, please contact Beth Shafer at 372-1489 to identify.

A B C D E F G H I J K L M N O P Q



New Kids On The Block

by Else Haakonsen

A son, **David Albert**, born October 8, 1986, 7 lbs. 15 oz., to Michael and Kathe Janning.

A daughter, **Marin Tomiko**, born December 5, 1986, 7 lbs. 9 oz., to Joel and Donna Fujiwara.

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- Low Back & Leg Pain
- Numbness in Hands & Arms
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- Dizziness, Blurred vision

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OSWC sells ties and accessories bearing the NPS seal as an on-going fund-raising project. The NPS ties and accessories are manufactured by the Robert Talbott Company of Carmel and make a lovely remembrance of your stay here in Monterey. The NPS

emblem is embroidered in yellow silk on navy blue fabric of silk and polyester blend.

In addition, NPS seal cross stitch kits are available complete with fabric and embroidery floss to complete a three-color seal for your memories wall. These items are available for purchase by calling Greta Scanlon at 373-0242 between 9:00 a.m. and 5:00 p.m.

The current prices for the items are:

Tie (His)	\$16.00
Tie (Tall Man)	\$18.00
Tie (Hers/Youth)	\$15.00
Checkbook cover	\$ 6.00
Cosmetic bag	\$ 7.50
Coin purse	\$ 6.50
Cigarette case	\$ 5.00
Eyeglass case	\$ 4.00
Cross stitch graph	\$ 2.00
Complete cross stitch kit	\$ 5.00

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Bargain Fair Set for March 7

Are you running out of closet space? Is your storage room overflowing? Do you want to sell all those unwanted or unused items before your move to the next duty station? The OSWC is sponsoring a Bargain Fair Saturday, March 7, at the La Mesa School. This is your chance to sell those unwanted items. Or, if you are in need of carpeting, baby clothes, plants, etc., take advantage of the great buys at the Bargain Fair.

The cost per space is: OSWC member \$3, non-member \$10. Space size is approximately 8 x 7 feet. Spaces are limited and on a FIRST COME, FIRST SERVE basis, so act quickly. No more than TWO spaces will be given to an individual. Residents of La Mesa Village, students and staff of

NPS and their spouses who are at least 18 years of age are eligible for these spaces. No individual may represent or sell for an organization.

Reservation forms will be available at the La Mesa Housing Office and the Convenience Store after February 4, 1987, or through the *Pink Flyer*. The completed form *and* payment may be mailed or hand-delivered to the address on the form by February 23. No telephone reservation will be made. We reserve the right to stop accepting reservations when all spaces are filled if that occurs prior to the deadline.

For more information, contact Elizabeth Shafer, 372-1489, or Joanne Julias, 375-5721.

WHERE IT'S HAPPENING

Feb. 5-8 Monterey Film Festival —
Monterey. 649-8887.

Feb. 14 Plaza Fashion Show (Benefit for Suicide Prevention Ctr.) — Monterey Plaza Hotel. 625-6527.

Feb. 14-16 Hot Air Balloon Races — Laguna Seca. 424-1971.

Feb. 22 National Race Walking Championships — Carmel Valley Golf Club. 624-7211.

Feb. 27-Mar. 1 Dixieland Monterey — Downtown Monterey.

Attention All New Or Expectant Mothers

If you are an active, associate or honorary member of OSWC and are expecting a baby during your tour at the Naval Postgraduate School, you are entitled to receive a special birth certificate (blue for boys and pink for girls) from OSWC and to have an announcement printed in *The Classmate*. This gift also applies if you are an OSWC member and have had a baby born in Monterey within the last six months.

In addition, all active and associate OSWC members will receive a gift — a calligraphied verse matted with your baby's name and birthdate on it.

When you have your baby, please notify Else Haakonsen at 646-8665 or SMC #1177 with information about the birth. If calling to advise us of the birth of a neighbor's baby, please advise us of the correct spelling of the parents' names, and the baby's name, birthdate and weight.



MINI-CLASSES

by Jackie Brock

If you are interested in teaching a course, or wish to stop teaching a course you are presently offering, contact Jackie Brock at 649-3472. If you are interested in taking a course, call the instructors listed below. Please confirm dates and times of classes with instructors.

The deadline for all deletions and additions for *The Classmate* regarding activities will be the 20th of each month. If you have any questions concerning this deadline, please contact Jackie Brock.

REVISED CLASSES:

AEROBIC DANCE with Becky Barker - (649-6793). New classes to be added beginning February 1: Mondays and Wednesdays, 10-11 a.m., held at the Dance Studio of the Monterey Youth Center (next to the Dennis the Menace Park). Childcare available. Also continuing: Tues. and Thurs., 9:45 a.m., (NPS Gym), with childcare; Mon. & Wed., 5-6 p.m. (King Hall).

CURRENT CLASSES

Aerobic Dance with Becky Barker — Becky Barker (649-6793).

Aerobics and Toning — Linda Conklin (646-5309).

Beginning Basketweaving — Ellen Will (647-8738).

Beginning Calligraphy — Cathy Graham (373-7230).

Beginner Custom Fabric Lampshades — Thelma Chaffin (373-1647).

Beginning Floral Design — Anne Topp (649-5082).

Belly Dancing — Paula Claussen (625-3048).

Bowling — Mary Ripperton (649-8432).

Cake Decorating — Mani Sorensen (375-4513).

Children's Creative Dance — Terri Grimshaw (624-3799).

Clothespin Dolls — Thelma Chaffin (373-1647).

Creative Ideas — Lisa Hutchins (372-7313).

Creative Inner Explorations — Don Mathews (373-7809).

Customized Window Dressing — Nellie Fagan (646-8552).

Dancethin — Marion McAlpine (646-9311).

Drawing and Painting Techniques for the Emerging Artist — Don Mathews (373-7809).

Early Parenting — Barbara Dickinson (375-2587).

Excercise Class — Donna Staniec (375-6626).

Ikebana (Japanese Floral Art) — Suzi Miller (372-4189).

Needlepoint — Sally Dewey (624-2250).

Oriental Cooking — Mani Sorensen (375-4513).

Piano — Kazuo Mockett (624-9596).

Piano — Nathalie Plotkin (373-5671).

Polynesian Dance — Paula Claussen (625-3048).

Private Art Instruction — Don Mathews (373-7809).

Quilted Christmas Stockings — Leesa Morris (649-2389).

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Suzuki Violin and Viola Lessons — Mildred Kline (624-9541).

Tae Kwon Do — Peter Latta (649-8473).

The Joy of Art For Beginners — Don Mathews (373-7809).

The Joy of Art Outside — Don Mathews (373-7809).

Weaving on a Frame Loom — Janis Mineart (375-7487).

TUTORS

Mathematics Tutoring — Cindy Cupp (384-8904).

Reading Tutoring — Marie Sexton (649-1412).

Tutoring — A Positive Approach — Carol Stewart (649-4247).

Tutoring — Believe, Achieve, Succeed — Kim Roderick (649-6786).



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Children's Corner

by Jan Formisano

Can you find these February words?
They may be found by going down
or across. Circle the words as you
find them.

valentine	log cabin
Washington	cherry pie
Lincoln	hatchet
Betsy Ross	honest
flag	February
Old Glory	days
Cupid	Martha
heart	love

Word-A-Gram

F	E	B	R	U	A	R	Y	H	C
C	H	E	R	R	Y	P	I	E	V
H	A	T	M	B	L	L	C	A	A
O	T	S	A	X	I	O	U	R	L
N	C	Y	R	F	N	V	P	T	E
E	H	R	T	L	C	E	I	O	N
S	E	O	H	A	O	L	D	M	T
T	T	S	A	G	L	O	R	Y	I
W	A	S	H	I	N	G	T	O	N
D	A	Y	S	C	A	B	I	N	E

Valentine Surprises

1/4 cup margarine	55 g
1-10 1/2 oz. package miniature marshmallows	298 g
5 cups Rice Krispies cereal	150 g
24 wooden skewers	

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until melted and well-blended. Remove from heat. Add dry cereal. Stir until well-coated. Pat mixture into greased 13" x 9" pan. Cool. Makes 24 2" hearts. Cut heart shapes with cookie cutter. Place wooden skewer into point of each heart. Press a gum drop heart candy in the center of each. Makes 24 pieces.



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The Peripatetic Palate

by *The Classmate Galloping Gourmet*

February means Valentine's Day. Take a love to lunch.

For those who enjoy the exotic, run, don't walk, to the **Siamese Bay**, serving Thai food on Webster Street in Monterey (there is also one on Light-house Avenue). Anything on the extensive menu is available for lunch, but Monday through Friday check the lunch menu on the back page. This is a deal and a wonderful way to get acquainted with a different sort of cuisine. Portions are more than ample for lunch. Entrees are brought to the table quickly enough to get you back to class in a flash (or home before your school children return). Prices are reasonable and *everything* is good. Choose your favorite meats or seafood or ask the serving staff for recommendations. Another lunch possibility we sometimes enjoy here is a large hotpot of wonderful soup. Good for a damp, ugly day. The food is going to be spicy, but if you ask nicely, they will try to use a



light(er) hand with the flavorings.

For the best onion soup in town, go to **La Maisonette** on Seventeenth Street in Pacific Grove. This adorable place looks like it was transplanted right from Paris; the food is authentic as well. The other soups are equally as good, as are the omelettes and full meal specials for heartier appetites. What they do here with sauces, dressings and fresh vegetables is incredible. Throw away your good slimming intentions before you go. I suspect you will

also get hooked on the delicious home-made bread (baskets and baskets of it).

Our other favorite lunch haunt is **Fandango's**, right across the street on Seventeenth Street in Pacific Grove. This restaurant, specializing in Mediterranean cuisine in all of its great variations, offers a list of unusual salads for smaller appetites (though some can surprise you and be loaded with yummy potatoes), pasta entrees (if you fast for a week you might be able to polish off the salmon cannoloni — rich and wonderful), a delightful tomato soup garnished with shrimp and fresh vegetables, other daily specials, and a variety of sandwiches for the less adventuresome palate. There should be something on the menu for every taste. On the unlikely chance you have room for dessert, check out the Chocolate Nougatine. Pure, blissful decadence.

Happy Noshing.

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Stormy Weather

by Ann Malokas



I'm sick.
It's nothing life threatening, nor is it something basic that I know how to handle — like violent vomiting, a high fever or a rip snortin' bacterial infection.

I have the chills.

I can't breathe through my nose.

My lungs grew sandpaper in the last few hours.

My face is going to freeze into one giant sneeze.

My eyes ache.

My bones hurt.

I wish I could stick a bottle brush down my throat and scrape out the gunk.

My skin crinkles.

My ears gurgle.

If I am going to hold my head up for more than a milli-second, it is going to take both hands.

I would say I have a bad cold, except that isn't quite it.

To my way of thinking, a cold is usually one of those nothing kind of ailments, the sniffles that occur, on and off, in my children from September through June and change their lives not a whit unless a test day looms.

Could I be suffering from an upper respiratory infection, a virus, the flu, sinus, allergies — or some combination of the above?

It's a heady problem and one not entirely of semantics.

What it has everything to do with is which treatment to attempt, how panicked to feel and how guilty we will be if we pass this particular bug onto one of our young children.

It also has a great deal to do with the way we have to get on with our lives (most often, as if everything were just hunky dorey).

Physicians themselves are in something of a dither over diagnosis and treatment. Perhaps non-treatment would be a more appropriate description since most of these things don't

respond to medications currently available.

They just take time, we are told, the very thing none of us has to spare. Even if we had all the time in the world, no one would choose to fritter away the days in such abject agony.

Adding to our dilemma, a plain old cold is not an acceptable excuse for missing any of the following: our usual housekeeping chores, a planning meeting for the church rummage sale, our turn at the carpool, a day of work, a Cub Scout pack meeting, a wedding, a parent-teacher conference, a major social event, a hike-a-thon for the elementary school library, the yard work, a Girl Scout leader training day.

...The worst symptoms appear in the middle of the night or at least after normal clinic hours...

One fact remains. No matter how horrible or okay we feel, if we appear in public gasping for breath, choking, honking, coughing and with a raw swollen nose, people surely do give us weird stares.

But if we stayed home for every respiratory disorder, the economy would collapse, and no one would learn to read or add or subtract.

The sickness scenario for this particular brand of germs changes completely with children.

A few basic laws have been adopted by an impenetrable ailing children's union:

1. The worst symptoms appear in the middle of the night or at least after normal clinic hours.

My third copy of Dr. Spock resides in the bathroom, the better to compare spots and symptoms with their printed descriptions when the rest of the house is dark. Thanks to several steamy sessions with a croupy child, even this latest edition is ready for replacement parts.

2. Any "deathly ill" sniffly body taken to seek medical treatment will have a simple disorder that would have disappeared by itself in a day or so if a mom hadn't lost her head.

I used to think my name was Now Now Mother, as in "Now, now, mother. It's nothing to get excited about."

When did I become my pediatrician's mother, for heaven's sake!

3. When we develop a wait-and-see attitude the child will need emergency treatment before the day is over.

The dialogue this time changes from "now, now..." to "Tsk, tsk..." or worse.

4. A cranky Monday morning child complaining of a cold will develop a high fever (and the school nurse's sympathy for having such an unfeeling mom) an hour after being shoved out the front door.

5. The day a mom goes into school and begs for homework to take home to her child with a horrible flu, all the while apologizing that this had to happen the very day of intelligence tests, school pictures and the class trip to the firehouse, it's a safe bet the child is tearing the house apart by 11 that morning. (See above "now, now..." tirade.)

6. Although we all know about viruses (and are getting more expert by the minute), as we pour chicken soup and flat Pepsi into reluctant tummies, dispense non-aspirin pain relievers and vaporize, we haven't forgotten to

....FEATURES....FEATURES....

devote an appropriate degree of foreboding to strep throat, ear infections, pneumonia or other terrifying things with cold-like signs.

7. Symptoms and diseases seldom occur in children according to plan. The time a doctor tells us to keep a child home for a week, said child's energy levels will have returned with vengeance in less than two days. Yet a "24-hour" bout often is scaring parents to death many days later.

Let me tell you my chicken pox story. My son's appeared after three weeks instead of the usual two, thereby allowing him to share with hundreds of innocent people at Great America.

8. If we have a trip or vacation planned, one or more children will come down with something serious enough to make us consider canceling. If we do cancel, it will be for naught. If we don't cancel . . . (the unpleasant details will be left this time to the imagination.)

In addition to purses and diaper bags, many traveling moms have considered adding a tackle box to their burdens to be able to walk around Disneyland with the vitamins, cold tablets, cough drops and throat lozenges packed ever so efficiently in all of those cute little compartments.

9. Every cough is a puzzler. A mom need only check out the number of kinds of cough remedies on the market to understand what a mess we're all in. There is the syrup to wet dry coughs, one to dry wet coughs, one to suppress coughs, one to help a child cough more. And we are, of course, expected to know which is which when we are sleepy, and our child is choking and hysterical.

My own feeling, based on the past (non)effectiveness of these potions, is that they are highly priced sugar waters designed to make a worried mom feel she is somehow helping the poor child along.

I'm sick.

Miserable too.

It's nothing serious.

They tell me it's not terminal.

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Trash into Treasures

American Pottery

by Maumi J. Cannell Harris

Someday, somewhere, you may find, buy or receive a piece of pottery that you know nothing about. Sometimes you keep it because you like it and other times you keep it because you don't know what else to do with it. If you would like to know if your item is a "collectable" here are some histories and marks for some of the major American pottery companies.

LOUWELS
WELLER

Weller pottery was first made in 1873 in Fultonham. The firm moved to Zanesville, Ohio, in 1882. Art wares were first made in 1893. The pottery closed in 1948.



Van Brigg pottery was made by Artus Van Brigg in Colorado Springs, Colo., after 1901. His wares usually had modeled relief decorations and a soft, dull glaze. The pottery is still working and still making some of the original designs.



Sleepy Eye pottery was made to be given away with the flour products of the Sleepy Eye Milling Co., Sleepy Eye, Minn. from about 1893 to 1952. It is a heavy stoneware with blue decorations, usually decorated with the famous profile of the Indian. Reproductions of the pitchers are being made today.

Shawnee
USA

The Shawnee Pottery was started in Zanesville, Ohio, in 1935. The company made vases, novelty ware, flowerpots, figurines, dinnerwares and cookie jars. The company stopped working in 1962.



The Roseville Pottery Company was organized in Roseville, Ohio, in 1890. Another plant was opened in Zanesville, Ohio, in 1898. Many types of pottery were made. Later lines were often made with molded decorations, especially flowers and fruit. Pieces are marked "Roseville."



Rookwood pottery was made in Cincinnati, Ohio, from 1880 to 1960. All of this art pottery is marked, most with the famous flame mark. The "R" is reversed and placed back to back with the letter "P." Flames surround the letters. After 1900, a Roman numeral was added to the mark to indicate the year. The name and some of the molds were purchased in 1984; new items will be clearly marked.



The Red Wing Pottery of Red Wing, Minn., was a firm started in 1878. It was not until the 1920's that art pottery was made. It closed in 1967.

NILOAK

Niloak Pottery (Kaolin spelled backward) was made at the Hyten Brothers Pottery in Benton, Ark., between 1909 and 1946. Although the factory did make cast and molded wares, collectors are most interested in the marbled art pottery line made of colored swirls of clay. It was called "Mission Ware."



Newcomb Pottery was founded by Ellsworth and William Woodward at Sophie Newcomb College, New Orleans, La., in 1896. The work continued

through the 1940's. Pieces of this art pottery are marked with the printed letters "NC" and often have the incised initials of the artist as well. Most pieces have a matte glaze and incised decorations.

McCoy

McCoy pottery is made in Roseville, Ohio. The J.W. McCoy Pottery was founded in 1899. It became the Brush McCoy Pottery Company in 1911. The name changed to the Brush Pottery in 1925. The word "Brush" was usually included in the mark on their pieces. The Nelson McCoy Sanitary and Stoneware Company, a different firm, was founded in Roseville, Ohio, in 1910. The firm made art pottery after 1926. In 1933 it became the Nelson McCoy Pottery. Pieces marked "McCoy" were made by the Nelson McCoy Company.



Frankoma Pottery was originally known as The Frank Potteries when John F. Frank opened shop in 1933. The factory is now working in Sapulpa, Okla. Early wares were made from a light cream-colored clay, but in 1956 the company switched to a red burning clay. The firm makes dinnerwares, utilitarian and decorative kitchen wares, figurines, flowerpots and limited edition and commemorative pieces.



Chelsea Ceramic Art Works was established in 1872 in Chelsea, Mass., by members of the Robertson family. The factory closed in 1889 and was reorganized as the Chelsea Pottery U.S. in 1891. It became the Dedham Pottery of Dedham, Mass., in 1895. The fac-

....FEATURES....FEATURES....

tory closed in 1943. It was famous for its crackleware dishes, which picture blue outlines of animals, flowers and other natural motifs.



Guy Cowan made pottery in Rocky River, Ohio, a suburb of Cleveland, from 1913 to 1931. The Cowan Pottery made art pottery and wares for florists. A stylized mark with the word "Cowan" was used on most pieces.

COORS U.S.A. Coors ware was made by a pottery in Golden, Colo., owned by the Coors Beverage Company. It was produced from the turn of the century until the pottery was destroyed by fire in the 1930's. The name "Coors" is marked on the back.



George Brush started working in 1901 in Zanesville, Ohio. He started his own pottery in 1907, but it burned to the ground and he joined McCoy in 1909. After a series of name changes, the company became The Brush Pottery in 1925.



Buffalo pottery was made in Buffalo, N.Y., after 1902. The company was established by the Larkin Company, famous manufacturers of soap. The wares are marked with a picture of a buffalo and the date of manufacture. Deldare ware is the most famous pottery made at the factory. It is khaki-colored transfer-decorated ware.

The marks and histories were all found in either *The Kovel's Antiques and Collectables Price List*, or *Warman's Antiques and Collectables Price List*.

The resources for the preceding article were Oakland antique dealers, Ed and Ellamae Cannell. If you have any question about furniture, rugs, pottery, glassware, etc. send your queries to me and they will try to help you: Maumi J. Cannell Harris, SMC Box 2074.



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Heart Art for the Home

by Katie and John Dentler

Valentines Day, when lovers, families and school children exchange cards and gifts, comes only once each February. However the heart shape most closely associated with this event is a practical and decorative country design, worth a lot more than an annual review.

The three, heart-shaped projects given here hang in our home year round as "permanent valentines." They are functional, easy to make and can be styled to fit with almost any decor.

The Door Alarm

This object normally hangs on our bedroom door, but you can use it on your children's door, or any door that opens a little too quietly. It gives a friendly wooden clacking sound whenever the door is moved.

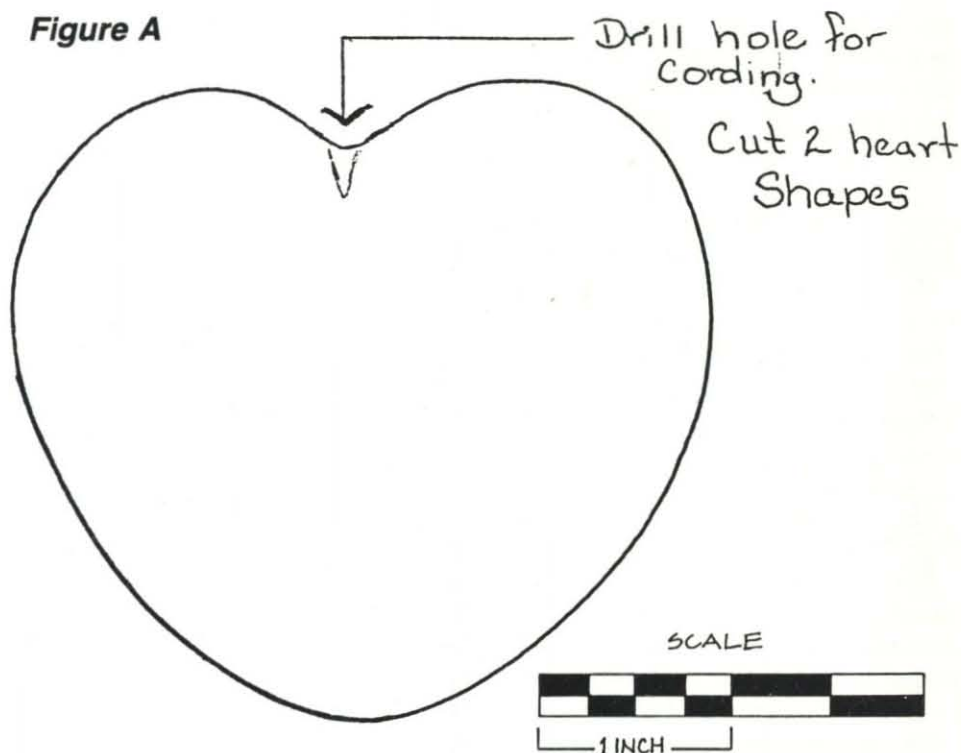
Materials

wood $\frac{5}{16}$ to $\frac{1}{2}$ inch thick, about 5 x 8 inches
connector — about 24 inches of "gro-grain" ribbon, yarn, or heavy cord
paint or stain
sandpaper — both medium and fine grit
glue — electric hot glue gun works the best for connecting any fabric to wood

Tools

jig or scroll saw
drill and $\frac{1}{8}$ inch bit
clamp or vise

Figure A



Instructions

Draw two hearts about the size and shape of Diagram A on the board. Cut the shapes out of the wood and sand smooth. (A few tips: use a multi-purpose blade since you are both "ripping" and "cross cutting." Choose a blade with fairly close teeth since the wood is not too thick and you want a finished appearance on all surfaces without too much sanding. Finish the edges with medium grit sandpaper to expose the grain, then sand the whole heart with the fine grit paper.)

Now the hard part: clamp a heart in

a vertical position so that you can drill a hole in the bottom of the notch between the lobes. Choose a drill bit big enough that your ribbon or cord will easily slide in, but small enough so that the faces of the heart do not split. One-eighth inch is about right, but you may have to use a larger one depending on your choice of ribbon or yarn. Carefully drill the hole about $\frac{3}{8}$ to $\frac{1}{2}$ inch deep. Repeat above for the other heart.

Stain or paint the hearts and let dry. Glue the hearts on your connecting piece, then drape over an appropriate door knob.

The Knick Knak Shelf

We have several of these around our home. They make good use of small decorative objects by giving them a place for display and by framing them as sort of a three dimensional picture. (These are a lot less expensive than a framed picture.)

Materials

wood — about 12 inches of 1' x 8' or 1' x 10' pine. (This will be $\frac{5}{8}$ to $\frac{3}{4}$ inch thick.)
screws — two $1\frac{1}{8}$ or $1\frac{1}{4}$ inch no. 8 or 10 flat head
sandpaper — medium and fine grit
picture hanger bracket — a small loop type will work best, the objective is to hang this shelf flat against the wall

paint or stain
carpenter's glue (Elmers yellow carpenter's glue works the best)

Tools

jig or scroll saw — multi-purpose, fine tooth blade
drill — $\frac{1}{8}$ inch bit and counter sink
screw driver
clamp or vise

Instructions

Draw the heart and shelf to the approximate dimensions of Diagram B. Cut out the parts and determine the best location for the shelf on the heart and mark.

Within the outline of the shelf, locate the optimum positions for the screws and mark and drill holes through the

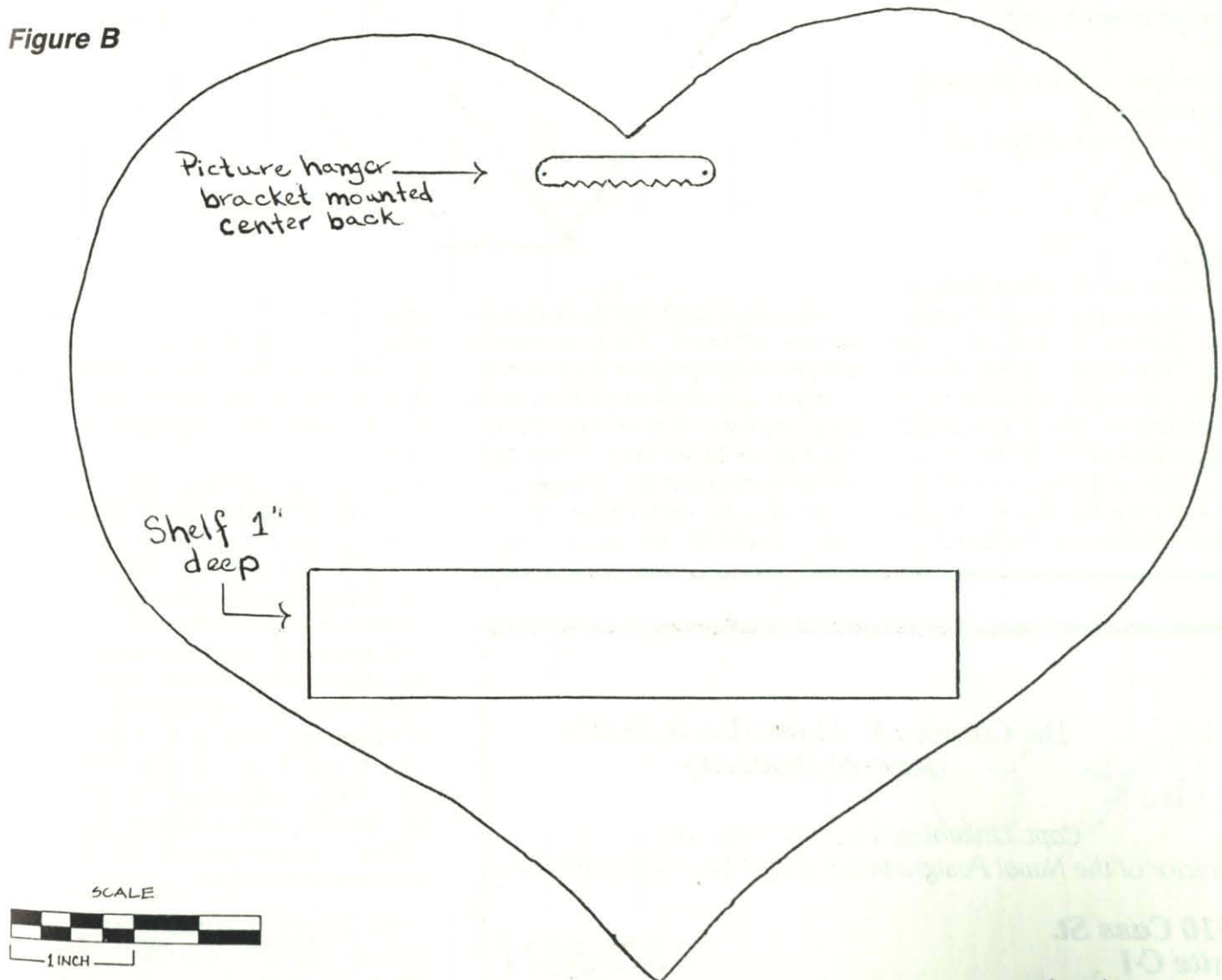
heart.

Place the shelf back in the outline and mark the locations through the holes using a very thin nail or smaller drill bit. Partially drill holes into the shelf ($\frac{1}{8}$ to $\frac{1}{4}$ inch deep). Counter sink the holes in the back of the heart so that the screw heads will be flush with the back when assembled.

Sand the pieces smooth. If you are going to leave the heart natural or use stain, concentrate on bringing the grain out on the edges.

Set up the clamps or vise so that the shelf will butt up to the heart at a right angle. Glue, clamp and screw the shelf to the heart. Let it dry, then paint or stain as desired. Attach the picture hanger bracket.

Figure B



continued on next page

The Coffee Filter Box (Melitta No. 4)

This project is a bit more complicated than just cutting out a heart shape, but it makes finding the coffee filters a lot easier if you are half asleep before you make and drink your morning cup of coffee. We hang this box on the cabinet above the coffee pot, which saves counter space.

Materials

wood — about 2 square feet of $\frac{1}{4}$ inch finished birch plywood and two pieces of one inch board ($\frac{1}{4}$ inches thick) about two inches wide and eight inches long

glue (Elmers yellow carpenter's glue)

nails — 1 inch finishing nails, you may want to use brass decorative nails
sandpaper — medium and fine grit
plastic wood or wood putty

Tools

jig or scroll saw — fine tooth, multi-purpose blade

drill — a very thin drill bit (no. 50)

hammer

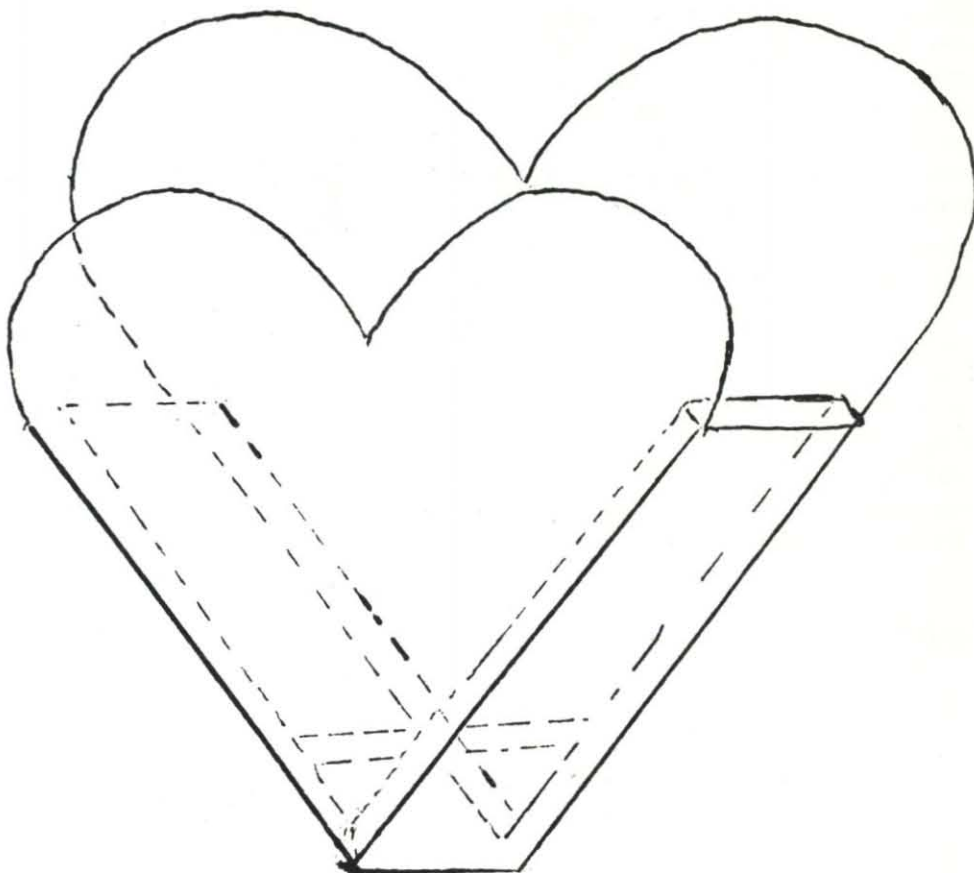
clamps or vise

nail set

Instructions

Lay out and cut the heart shapes for the front and back pieces from the birch plywood (Diagram C). The side piece diagram (Diagram C-1) shows the dimensions and angles to be cut on the $\frac{3}{4}$ inch dimension of the "1 inch" board. The angles are hard to cut exactly unless you have a mitre box or radial arm saw, but don't worry: the wood putty can cover a multitude of inaccuracies.

Figure D



Lay out and cut the side pieces from the one inch board. The dimensions of an optional bottom piece are provided.

Trial fit all pieces and trim if necessary. See how a filter will fit in the box. Sand all pieces and bring out the grain on the blunt end of the side piece.

On what will become the front and back faces of the box, lay out the positions for the nails. Space your marks about one inch apart and about $\frac{1}{4}$ inch in from the edge. There should be about 5 nails up each side of the front and about 6 nails up each side of the back.

To avoid splitting the birch plywood, the nail holes should be pre-drilled using a very small bit.

Position and clamp the front or back over the side pieces and pre-drill each nail hole through the plywood.

Glue and nail the front to each side, then the back to each side. If the side pieces don't meet exactly at the point, fill the gap with wood putty. If you don't want the nails to show in your final project, recess them using a nail set and fill in the tops with wood putty.

When the wood putty is dry, finish sand and paint or stain.

Any of these projects can be nicely finished using stencils to make them a little more "country."



Dr. Charles R. Linkenbach, D.D.S.
General Dentistry

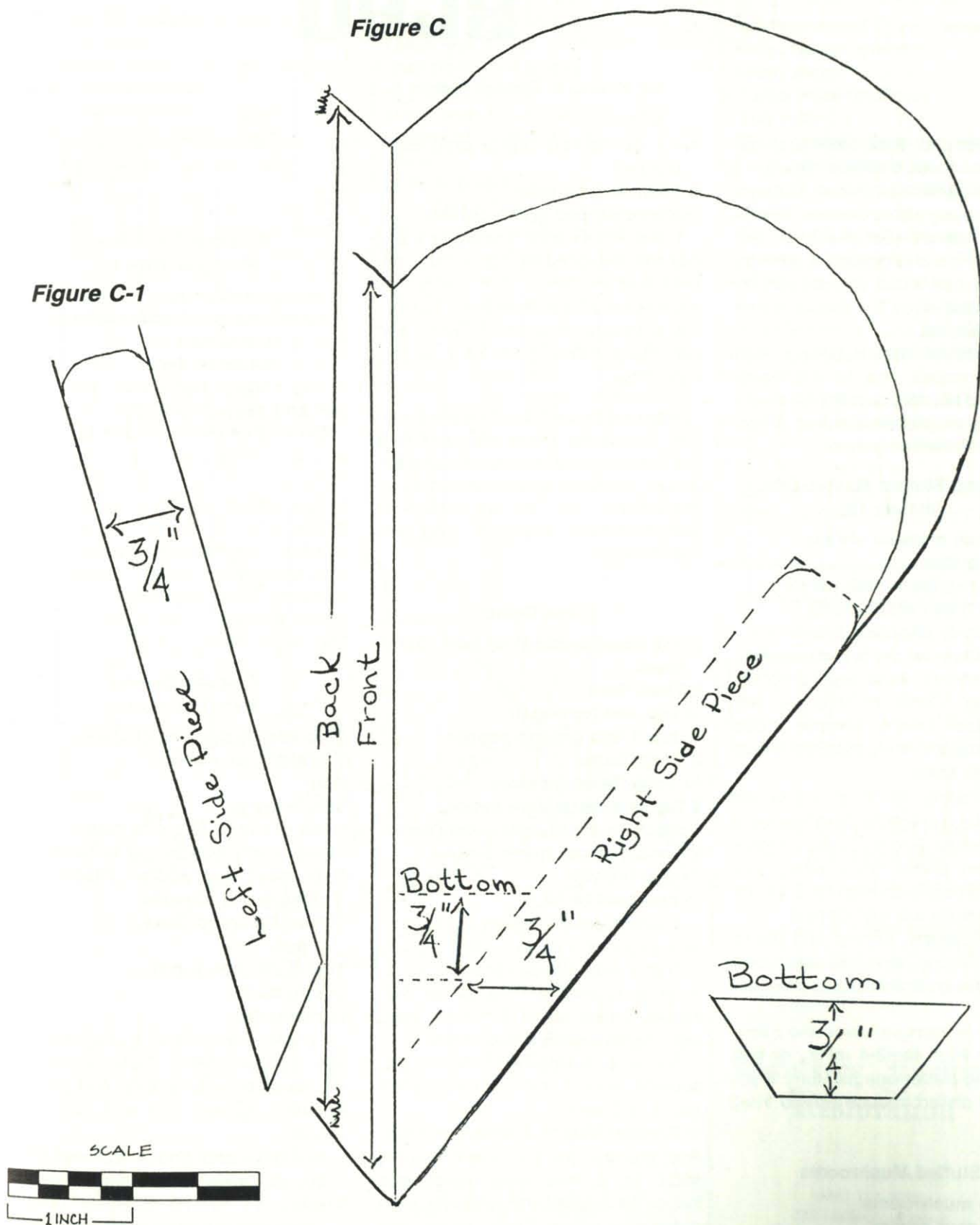
*Capt. Linkenbach was formerly the
Director of the Naval Postgraduate School Dental Department*

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Figure C

Figure C-1



NAVY BLEU

by Maumi J. Cannell Harris

I decided that, since this is a "shape-up" issue, I would gather together a low-cal Valentine's dinner. But who wants to worry about calories during a romantic dinner. So the heck with calories. This is a dinner for after the kids go to bed, when you can light the candles and enjoy the special Valentine in your life.

Start with an easy appetizer. Here are two recipes, one for microwave ovens and one for conventional ovens. Both may be prepared ahead of time and kept in the refrigerator.

Shrimp Stuffed Mushrooms (makes 12)

1-6 oz. can medium shrimp
3 Tbsp. butter
2 Tbsp. chopped fresh parsley
12 large, fresh mushrooms
¼ cup finely chopped onion
½ cup seasoned dry bread crumbs

Wash shrimp, drain, finely chop and set aside. Clean mushrooms with damp paper towels. Remove mushroom stems and finely chop. Set mushroom caps aside.

Place butter in 1 qt. casserole. Microwave on High for 24-45 seconds or until melted. Add onion and chopped mushroom stems; cover with plastic wrap. Microwave on High for 3-4 mins. or until onions are transparent.

Stir in parsley, shrimp and bread crumbs. Spoon mix into mushroom caps. Place on a glass plate; cover and chill.

To serve, remove cover and microwave on High for 2-4 mins., or until hot, giving platter one half-turn. If you have not chilled, reduce time to 1½-3 mins.

Stuffed Mushrooms

12 large mushrooms
6 Tbsp. sour cream

1-4½ oz. can shrimp or crab meat, drained

6 Tbsp. mayonnaise
½ cup chopped green onions

Chop stems from mushrooms and mix with mayonnaise, sour cream, onions and seafood. Stuff mushroom caps; sprinkle with Parmesan cheese. Place in buttered casserole; cover and chill. Bake at 350° for 30 mins. or until light brown.

Here are two entrees that are excellent. The Steak Diane goes well with the Potatoes Supreme and, for a lighter dinner, the Chicken Saronn should be served with rice. The vegetable dish using Artichoke Hearts is good with either entree.

Steak Diane

2 individual portions of beef round steak
1 Tbsp. flour
¼ tsp. salt (optional)
⅛ tsp. fresh ground pepper
2 Tbsp. butter
¾ Tbsp. Dijon mustard
2 tsp. worcestershire sauce
1 cup thinly sliced, fresh mushrooms
2 Tbsp. minced green onions
¼ cup brandy
¼ cup beef broth

Pound steaks between 2 pieces of wax paper until ¼ inch thick. Dredge in flour mixed with salt and pepper. In large skillet melt 1 Tbsp. butter. Add steaks; brown about 1 min. on each side; remove steaks to a platter.

Spread both sides with mustard and sprinkle with 1 tsp. worcestershire sauce; set aside.

In same skillet melt remaining butter. Add mushrooms and green onions; saute for 2 mins. Add brandy and flame. Stir in broth and remaining worcestershire sauce. Cook and stir until

hot. Return steaks to skillet and reheat for 2 mins. Sprinkle with parsley, if desired.

Potatoes Supreme Mary Lou Harris

3 medium potatoes
1 cup shredded cheddar cheese
½ cup sour cream
¼ cup melted butter
¼ cup chopped green onions
salt and pepper to taste

Cook potatoes in jackets in small amount salted water the day before. Refrigerate. The day you need the casserole, peel potatoes and grate coarsely. Add melted butter, shredded cheddar cheese, chopped green onions, sour cream, salt and pepper. Put in shallow 1½ qt. baking dish. This may be refrigerated at this point. Bake at 350° for 40 mins.

Chicken Saronn Mary Lou Harris

2 boneless, skinless chicken breasts, quartered
flour
salt to taste
fresh ground pepper to taste
½ tsp. curry powder (or to taste)
½ lb. fresh mushrooms, sliced
1 clove garlic, crushed
¼ cup Amaretto liqueur
1 lemon
¾ cup chicken broth
¼ cup butter
cornstarch

Sprinkle chicken with dry ingredients and dredge in flour. Saute in butter. Add mushrooms and saute. Add garlic, Amaretto, grated rind and juice of lemon.

Add broth and simmer covered for about 30 mins. Thicken with corn starch.

Serve with hot white or brown rice.

Artichoke Hearts

- 1-7½ oz. can artichoke hearts (not pickled)
- ½ cup soft Italian bread crumbs
- ¼ tsp. salt (optional)
- ¼ tsp. leaf oregano, crushed
- ¼ cup grated Romano cheese
- ¼ tsp. pepper
- ¼ cup olive oil

Place artichoke hearts in baking pan. Combine bread crumbs, cheese, salt, pepper and oregano. Cover artichokes with crumb mixture. Pour olive oil over. Sprinkle with a few drops of water.

Bake at 350° until bread crumbs are golden brown, about 30 mins.

You really need to forget about calories with either of the following desserts.

Chocolate Truffles

- 6 oz. semi-sweet chocolate chips
 - 3 Tbsp. *real* butter
 - ¼ cup powdered sugar
 - 3 egg yolks, beaten
 - 2 Tbsp. brandy or Grand Marnier (or any chocolate-flavored liqueur)
 - 2 oz. semi-sweet chocolate, grated, or ½ cup sifted powdered sugar
- Melt 6 oz. chocolate chips with butter and ¼ cup powdered sugar in top of a double boiler. Remove from heat. Add some of chocolate mix to beaten egg yolks. Blend.
- Combine with rest of chocolate mix and liqueur. Blend well.
- Chill 2 hrs. in refrigerator without stirring. Roll into balls. Roll in grated chocolate or powdered sugar.
- Store in a tin in the refrigerator.

Grasshopper Pie

- 1½ cup crushed Oreo cookies
- 4 Tbsp. butter, melted
- 1 Tbsp. sugar
- 32 large marshmallows
- ½ cup milk
- 2 Tbsp. green creme de menthe
- 2 Tbsp. *white* creme de cacao
- 1½ cup Cool Whip or whipping cream

Mix crumbs, butter and sugar. Press on bottom and sides of a 9-inch pie pan. Bake at 300° for 10 mins.

In the top of a double boiler, melt marshmallows in milk. Stir until blended; cook completely. Stir in liqueurs.

If using whipping cream, beat cream until stiff; fold whipped cream or Cool Whip into cooled marshmallow mix. Spoon filling into crust.

Chill for 3 hrs., or freeze until needed. Garnish with grated chocolate.



Have you lost your favorite brownie recipe? Thrown out the paper with that chicken casserole recipe? Forgot to ask Aunt Martha for her Yorkshire pud-

ding recipe? If there is a recipe you are looking for, send your requests to me and we will try to help you: Maumi J. Cannell Harris, SMC Box 2074.

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Real Estate Insider

Protecting Your VA Entitlement

by C.B. Arnett

Dear Insider: I purchased a home in 1978 by assuming another veteran's VA loan. I did not fill out any papers and only showed the real estate agent

a copy of my Leave and Earnings Statement. I am considering a move and need to know if this loan is charged against my VA. If possible, I would like

to keep this home for investment and purchase another home using VA financing. How do I find out how much eligibility I still have remaining?

USAF (Ret).



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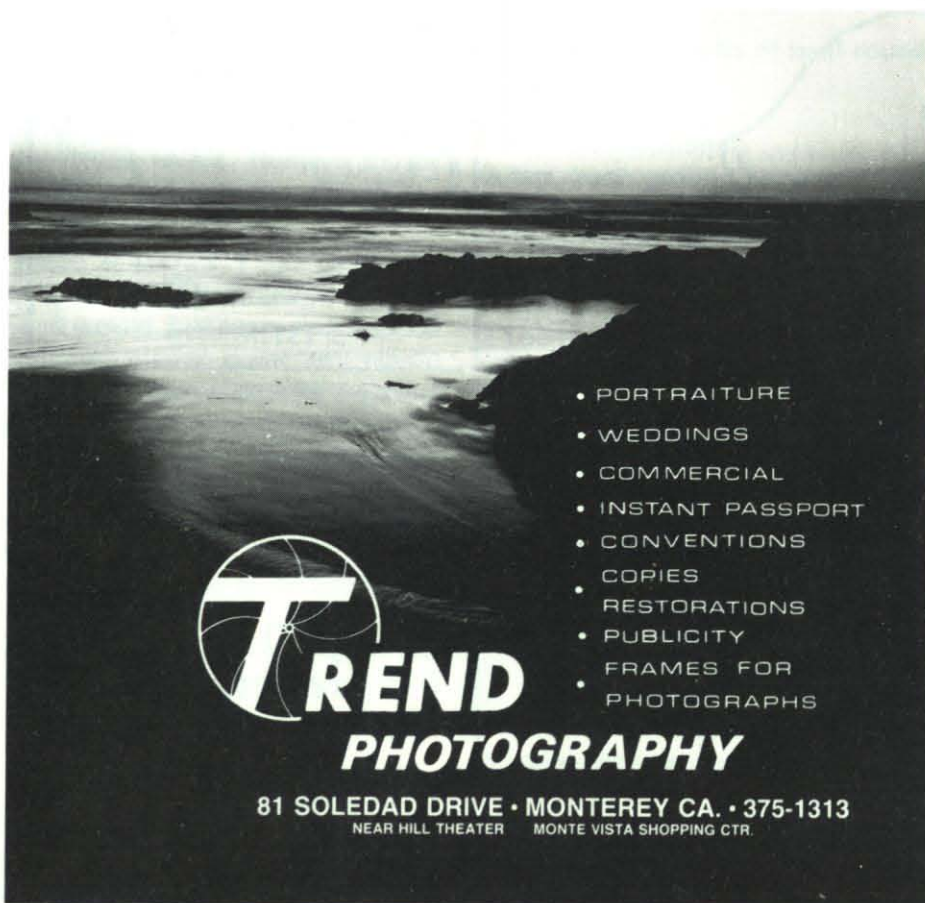
Dear USAF: I have recently received several letters from both active duty and non-active duty veterans concerning how much — if any — VA entitlement they may have available for home purchase. To find the exact amount of your entitlement, complete VA Form 26-1880 "Request For Determination Of Eligibility And Available Loan Guaranty Entitlement." This completed form should be submitted to your Regional VA Office with the following:

1. *Certificate Of Entitlement:* If you now have a certificate include it with the request. The VA will update this for you to reflect the maximum guarantee for which you are entitled. (If you now have a certificate and it states that you are eligible for a guarantee of \$27,500 there is no reason to submit the form — you already have the maximum available under current laws.)


Many veterans have had a certificate in the past and it has become lost through the years. In this case the form becomes a request for a duplicate certificate.

2. *Copy Of Most Recent DD-214:* This is your certificate of release or discharge from active duty. Even if you are currently on active duty, your latest DD-214 must be submitted if you have been discharged at any time in the past.

3. *Statement Of Service:* For those still on active duty this statement should be prepared by your command and, as a minimum, show the



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date of entry on your current active duty period and the duration of any time lost.

(Note: If you have a problem obtaining VA Form 26-1880, send a note to me % *The Classmate*, SMC #2330. I will see that you receive the form.)

As to the particular case above, I would seriously doubt that any VA entitlement was used to purchase this home. A VA loan can be assumed by anyone (Vet or non-Vet alike) with no questions asked. When this happens, the veteran who originally received the VA guarantee is still "on the hook" so to speak, for liability if payments are not made. In addition, that veteran's VA entitlement remains tied to the loan on the home.

When assuming a loan it is possible for a veteran buyer to substitute entitlement thus freeing the veteran seller to purchase another home using VA financing. A non-veteran buyer can substitute liability, which means if payments are not made the veteran seller will not be held accountable. In this case, another VA loan will not be available to the veteran seller until this first loan is fully paid off.

Both of these are very involved procedures which require the submission of many documents to the Veteran's Administration for review and approval. Because the VA must verify employment, bank accounts and credit before making a decision, the time required for this approval is normally 12-16 weeks. Since you only showed a copy of your Leave and Earnings Statement to the real estate agent, the process was far too simple for any entitlement to have been used.

Next Month: To Secure Your Future Keep Buying — Don't Sell.

If you have questions about your personal real estate problems write to *Real Estate Insider* % *The Classmate*. We will answer as many questions as possible in this column.

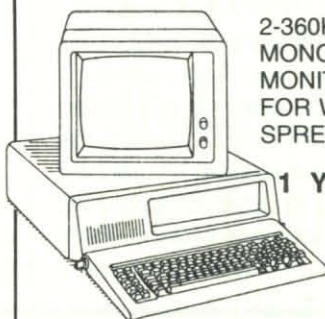
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Money Matters

Save More, Spend Less: Family Financial Management

by Lcdr. David Kriegel
Family Services Center

Money magazine says that arguments about money are the most common source of friction in a marriage. Over fifty percent of couples surveyed say that disagreements over the saving and spending of money causes most of their fights. Money has become the medium which we use to satisfy our needs and, to an extent, to measure our basic image of ourselves and others.

Remember the fable about the ant and the grasshopper? The most common money problems happen when one of the partners is a saver, like the ant, and the other is a spender, like the grasshopper.

Some people need the security of saving for the "rainy day." They need the security of available money in the bank to take care of their future needs. This person can be driven right up the wall when the other partner "lives for today," satisfying their needs through

buying. When one person economizes on lunch to build up savings while the other buys a \$400 "toy" on impulse the same day, the former may feel cheated and betrayed.

Nine out of ten families retire poor. Many military families live from paycheck to paycheck coping with the stress of too many bills for the pay available. The pay never seems to cover expenses. Other families seem to "have it all" with no bills and plenty of savings. Sound familiar?

Military officers' families have incomes in the top ten percent of all wage earners in the U.S. A Navy lieutenant with sea pay and allowances earns around \$34,000 per year, while a lieutenant commander aviator drawing BAQ, average VHA and counting the benefit of tax-free income earns over \$45,000. With this level of earnings, not counting a spouse's income, there are few reasons not to get your finan-

cial life in shape.

Like your body, finances need to be exercised regularly and disciplined. This is usually the key difference separating families that seem to be doing well — not that they have inherited money or hit the jackpot in the lottery. The key to sound finances is to learn what shape you are in, make plans for the shape you *want* to be in and set in motion a plan to get there.

This is done by:

- determining your net worth;
- preparing a budget;
- starting a regular savings plan;
- educating yourself about finances; and
- reviewing your progress at least yearly.

Few people have any idea of their net worth. This is the value of everything you own, from your home to the smallest trinkets, minus all you owe.

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Simple fill-in sheets are available to make this calculation simple. Rough estimates can be made of all items such as furniture, clothing and small belongings. By preparing a report at the same time yearly, hopefully you can view an increase in your net worth each year.

A budget allows you to see where the money goes. If you have a checkbook, you can rough out a budget surprisingly easily.

First, list all large, regular expenses such as house and car payments. Next, list irregular large bills such as tuition and medical bills. Finally, estimate from about three months' worth of expenses how much goes for gas, car repairs, food, clothing, lunches, etc. By looking at a pattern of spending, you have educated yourself on where your assets go each month. This is the present cost of your standard of living.

Paying yourself first is a simple rule to ensure financial well-being. A general rule is to regularly deposit into savings ten percent of your net paycheck each and every paycheck. Your budget shows where your pay is going now. By studying expenses, ten percent in savings can be found by lowering expenses (cheaper insurance, less travel, etc.). This amount is deposited for your own good before you pay the bills and spend.

By disciplining your spending to stay within a set budget, you will see immediate rewards as your savings build up.

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By developing savings, you can wean your dependence on high cost consumer credit. It becomes much cheaper to pay cash for a needed expense than pay 18% interest on a credit card. Think of it as receiving an 18% pay raise.

Once you have saved two to three months' salary (\$4,000-\$6,000), you may study investments which will yield higher returns. One popular way is to begin to invest in quality, no-load

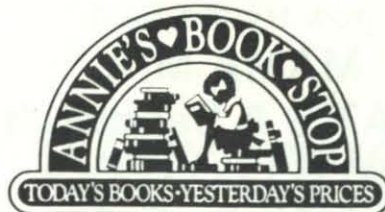
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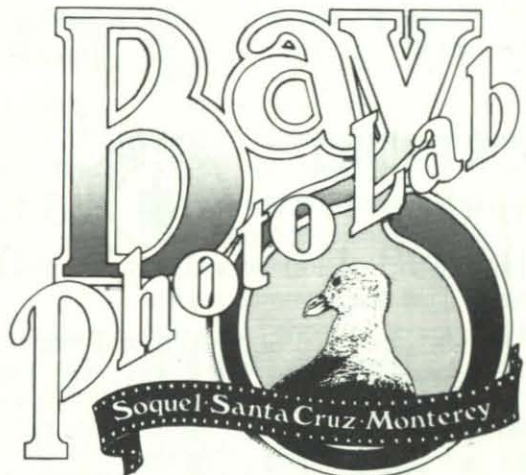
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mutual funds. The same \$100 invested in one high quality fund which has earned over 20% return will grow to over \$8,000,000 from age thirty to sixty-five. This is the sound financial shape you need to be in to eventually retire comfortably.

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The Family Service Center can review your spending and saving patterns to spot possible waste and suggest savings plans.

The Navy Relief Society has excellent trained volunteers who can help develop financial budgets. These budgets can help curb spending, freeing funds for savings.

By using these services individuals and couples can go a long way towards lowering the stress caused by money.

Have a question on personal finances? If so, write to *Money Matters* % *The Classmate*, SMC #2330. We'll attempt to answer your question in this column (names will be withheld upon request).

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Hair, Make-Up and Wardrobe Redo Add Up to an Updated Image

by Kathy Willson

After getting orders to NPS, most couples go on a shopping spree. Suddenly, Husband's wardrobe expands from three suits (two military, one civilian) to a variety of sport coats, slacks and shirts. Compare closets. Do you have some catching up to do?

Is your wardrobe just lacking a few up-to-date accessories, or is it far behind the times? If your clothes are outdated, how about your hair and make-up? Have you kept up with changing styles and changes in your life?

Former *Classmate* Editor Judy Scalzitti's answer to the last question was a resounding "no!" so we sent her to be "made over" by two local merchants. Judy has lost weight since her

son was born and needs new clothes. She wants a neat, short hair style that's easy to care for.

"I want to feel good and look good," she explains. "All my caring goes to my son and husband. I don't put enough time into myself."

For hair and make-up, *The Classmate* chose Gloria Jelladian of Robert's Beauty Salon in Carmel. She has had extensive training in make-up and hair design.

First, Gloria gave us some tips for finding the right hair stylist.

"When you see someone with a hair style you like, even if the person is a stranger, go up to her and ask who does her hair. Talk to friends and co-

workers about their beauticians. A stylist should listen to you and work with you."

She also suggests asking to come in for a few minutes to discuss your hair style before making your appointment.

"If the stylist isn't willing to do this, she isn't a professional and you should look for someone else."

When you go in for the appointment, have some ideas and bring pictures for the operator to see. Descriptions don't always communicate well. Feathering may mean one thing to you and something else to the stylist.

Judy had several styles to show Gloria. She studied Judy's hair and asked questions about her lifestyle. The direction of hair growth and facial bone structure determine the best type of cut. A person's lifestyle determines the best type of style.

"Most women want versatility. The cut should be easy to care for day-to-day, but one which can use gels and rollers for an elegant, evening look," Gloria explained.

Together they combined the positive aspects of Judy's current style, her goals for a new style and her hair's growth pattern. Her hair grows forward and becomes heavy as it gets longer. Judy doesn't like it in her face, so Gloria advised thinning out the hair in front to keep the look and style while decreasing the weight. Since Judy has a low neckline in back, they decided to keep the length, but get rid of some of the bulk.



The right combination of hairstyle and make-up created a fresh, up-to-date look for Judy Scalzitti. Before (left) and after (right) photos show the results of her make-over.

continued on next page

Most of the trimming was done along the side. Gloria wanted to create a hair line that would follow the cheek bone. She also wanted to open the area near Judy's eyes to emphasize them more.

"A good cut has balance and grows out evenly," Gloria said as she worked. "I cut the style into the hair, going along with the growth. Judy's hair grows to the center in the back and that's the way I'll style it: a smart look with good lines."

According to Gloria, your stylist should teach you how to do your hair, and offer tips for alternate looks. Taking into consideration Judy's busy schedule and style preferences, she demonstrated three styles.

For busy days at home, Gloria used gel, allowing the hair to dry and brushing it out.

Next, Gloria blow-dried Judy's hair for a straight style with more finish.

"When blow-drying, brush the hair in the basic direction, holding the dryer low at the scalp. Do sides, back, top — an organized way of fixing hair that takes less time."



Stylist Gloria Jelladian thinned Judy's hair through the top to decrease its weight.

For a third style, Gloria continued with a curling iron for a soft, evening look. When using a brush and dryer or a curling iron, letting the hair cool before brushing it out will give a curlier, longer-lasting hold.

Before beginning Judy's make-up, Gloria had a few skin care tips.

"Skin care," Gloria emphasized, "is the most important thing you can do for your face. Most of your cosmetic dollar should go into skin care. But that doesn't mean it has to be expensive.

"Educate yourself about products by reading articles and talking to skin care specialists."

Skin should be kept clean and moisturized. Facials and exercises are a regular part of a good program.



Since Judy has a low neckline, Gloria decided to keep her hair's length while decreasing the bulk.



Finally, Gloria trimmed Judy's hair on the top and sides to follow the line of her cheekbones.

In choosing make-up, Gloria stressed that foundation *must* match your skin tone. Having your "colors" done is a good way to learn the right tones to use.

Whether you buy your make-up at the drug store or at a skin care center, Gloria has the same instructions for making a selection: wear no make-up. Apply several shades on your face in different spots. Take a mirror to the door and look at the colors in the sunlight. The foundation should match your skin color, not darken it.

In winter, or for evening, you can go one shade lighter. This will bring out the eyes and lips and give a more elegant look.

After the foundation, apply translucent powder to your face and eyelids. This will set your make-up, preventing creases in your eye shadow.

Gloria started Judy's new look by plucking her eyebrows. Since they had a natural curve, Judy's brows only needed a little work between the eyes. This prevents shadows from forming and made the eyes appear wider. The eyes are the most important part of the face and should be emphasized.

continued on next page



Gloria emphasized that a good stylist should work with you to find a style that fits in with your lifestyle. Here she shows Judy some of the options afforded by her versatile new cut.



With the touch of a curling iron, Gloria transformed a casual, daytime style into a softer, more glamorous evening look.



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Color in your clothing can be brought out by your eye liner and highlight colors. An eye liner pencil should be firm enough that it doesn't crumble, but not so hard that it irritates the eyelid. Try it on your hand before buying. In general, blue liner will whiten the whites of your eyes.

To bring out Judy's eyes, Gloria put light shades on her lid, keeping the color within the line of the brow. She then used khakis and browns.

Eyeliner on the bottom lid was applied above the lashes, not under them. Using a thicker line at the outer corner made Judy's eyes seem larger, while mascara widened them. Outer lashes were brushed toward the side of the face, center ones brushed upward, and inner lashes brushed toward the nose.

The most often made mistakes in make-up have to do with blush. Using the wrong color, or putting it on the wrong area, can destroy your total



Gloria demonstrated how the right make-up, together with a good haircut, emphasized Judy's best feature, her eyes.

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look. Gloria suggests buying a concentrated color in your tones.

"If the color isn't concentrated, it will fade as you blend it," Gloria explains. "Use a soft brush or sponge. I don't use the ones that come with the blush or eye shadow. Buy brushes that are soft so that they will spread the color, not wipe it off."

Apply the color just below the cheek bone. If you start too high, the area near the eye will be closed in; too low creates a white area between the cheeks and eyes. Gloria had cut the hair near Judy's ears to create a line with cheek bone. The blusher followed this line.

To make Judy's upper lip look fuller, an opaque base was applied, followed by lining the lips and filling in with color. Hair cut and make-up work together to create a balance. The style opened the face to emphasize the eyes. Shading and shaping with color brought out Judy's natural features. A few quick touches with the curling iron finished this portion of the make-over.

...Dressing is an attitude. The way you dress should make you happy...

Next, *The Classmate* took advantage of the complimentary service, "Macys By Appointment," for Judy's wardrobe re-do. Consultants there help customers in selecting purchases throughout the store. Maureen Padghan discussed sizes and lifestyle with Judy before the appointment, so that several outfits could be ready for her approval.

Because Judy is tall, Maureen had selected long skirts. However Maureen, who is short, demonstrated them on her herself.

"I break the rules," she explained. "Dressing is an attitude. The way you

continued on next page



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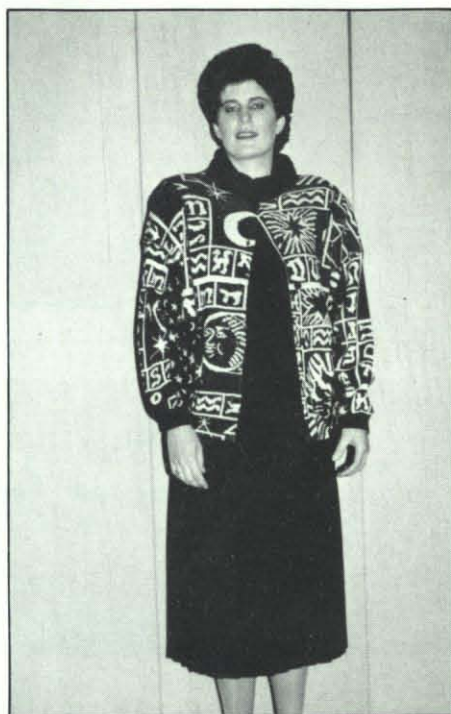


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Maureen Padghan of Macys showed Judy that, with her height and coloring, black and white are a winning combination.

dress should make you feel happy. There's a way of putting things together to make a total look. We can help you learn how to do it."

Several items in black and white were ready for Judy to try.

"Layering with a difference," Maureen called it.

Judy found a combination that she particularly liked: black vest, and black cowlneck top, black vest, and black and white sweater-jacket. Finishing accessories could include off-black hose, black shoes and purse, with earrings and bracelets of silver, black or black and white.

Though some of Macys regular clients are adding to a perfect wardrobe, others are starting a new look. Maureen suggests a gabardine skirt in a style appropriate to your figure, a blouse and a sweater or jacket-sweater. Add to this basic outfit as your budget allows, but "always buy the best of what you can buy."

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Because Judy is tall, Maureen chose ensembles which featured longer skirt lengths and soft, feminine lines.

Judy's next ensemble had a softer look, featuring a cream color sweater and skirt. Off-white hose with navy or cream shoes and navy bag were suggested as accessories. Shoes and purse don't have to match, according to Maureen.

Judy was pleased with both outfits, but admitted she would never have chosen them on her own. Maureen says this frequently happens when a woman is changing her image.

"We work together to find a look she can enjoy."

To revamp your wardrobe, Maureen recommends that you go through your closet and evaluate your clothes.

"If you haven't worn it, toss it. If it's questionable, move it to the end of the
continued on next page



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The Classmate welcomes all articles. They should be neatly typed, double-spaced. Submit to *The Classmate*, SMC #2330. Please include your name and telephone number. Anyone interested on joining *The Classmate* staff should contact the Editor.



This casual skirt and sweater outfit fits Judy's active life as wife, mother and recreation specialist.

closet or get rid of it. If you like it, but want to update it, bring it in. We'll advise you."

Maureen gave an example with Judy's next outfit: denim skirt, blouse and flat shoes which were more in keeping with Judy's regular tastes. Scarves, sweaters, vests and loafers were added to change this college staple to a more contemporary style.

Judy looked at the three outfits and admitted, "I feel very classy now. This makes me feel good." Hair, make-up and clothing combined to create a new image.

Or as Gloria and Maureen put it, "As total look, a balance."

It would be impossible to learn everything about clothes and accessories in one session, so Maureen and Ronnye Albert, her co-worker, encourage their clients to come back often. There's no obligation, but as Judy discovered, it's hard to turn down a great new look!

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Healthy Eating for Healthy Living

by Judy Scalzitti

Let's face it. Most of us know that eating properly includes consuming the correct number of servings from the four basic food groups, avoiding sweets, etc. But how many of us actually have a nutritionally well-balanced diet? Can you name the four basic food groups? When you stop and think about it, you might be able to name them all, but as the planner of your family's diet, naming them and following them should be second nature.

For those of you who need to know the food groups (did you guess two or three?), here goes:

1. **MILK** — This group includes any milk product or food made with mostly milk — ice cream, pudding, cheese, yogurt and cottage cheese. They are good sources of calcium, protein, and

riboflavin (B2). One serving of milk is eight ounces of milk or yogurt or one and a half ounces of cheese, one and three quarters cup of ice cream and two cups or cottage cheese.

Recommended servings daily: Child — 3, Teenager — 4, Adult — 2, Pregnant or Lactating Woman — 4.

2. **MEAT** — Includes red meat, fish, eggs, poultry, beans, nuts and cheese. One serving equals two ounces of cooked lean meat, fish or poultry, two eggs, two slices of cheese, one cup dried beans or four tablespoons of peanut butter. Good source of protein, iron and thiamin.

Recommended servings daily: Child — 2, Teenager — 2, Adult — 2, Pregnant Woman — 3. (The number of servings may be increased, of course, for large men and for those individuals

who have a higher need for protein in their diets.)

3. **FRUITS AND VEGETABLES** — This category is very self-explanatory. A serving size is a half cup of cooked fruit/vegetable or one cup of raw. A medium-sized banana is an average serving size. It is important to have a dark green, leafy or orange vegetable (Vitamin A source) at least three to four times a week and a citrus fruit (Vitamin C source) daily.

Recommended number of servings daily: four servings per individual regardless of age.

4. **GRAIN** — The grain group includes cereal, bread, pasta, rice, tortillas and waffles. They are an excellent source of carbohydrates and iron. Whole grain and fortified products are

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Recommended servings daily: four servings for all age groups.

According to 1st Lt. Farling, dietician at Silas B. Hays Hospital, Ft. Ord, following the four basic food groups is a good start towards shaping up your nutrition and your family's diet.

"Limiting the amount of fats is essential to maintaining a healthy diet," says Farling. Butter, margarine, oil, bacon, mayonnaise, cream cheese and salad dressings are all fats.

Lt. Farling recommended broiling, baking, barbequeing, or roasting as the best methods for cooking foods. Foods prepared one of these ways, as opposed to frying, are not laden with fat, nor are they cooked in their own natural fats. Most of it drains off during cooking.

The media has been running a strong campaign of late to make women more aware of the need for extra calcium in their diets as a deter-

rent to osteoporosis. According to Lt. Farling, the previously recommended amount of calcium for women was 800 mg. daily. This is equivalent to two eight ounce servings of milk. Experts now say that 1200 mg. of calcium is the best dosage.

"Remember, too much is not necessarily better, when it comes to calcium," says Farling. Twelve hundred milligrams is the right amount. More than that is not suggested. Women who don't like milk or milk products should check with their doctors for other sources of calcium. Farling also suggested that women drink low-or non-fat milk instead of whole milk. The same amount of protein, vitamins and calcium is found in low- and non-fat milk as in whole. The fat level is just decreased.

Many parents worry that their children and themselves are not getting the correct amount of nutrients because of their eating habits. If you plan

your family's meals around the four food groups, they will be receiving all the recommended number of vitamins, iron and protein. However, supplementing their children's diets with vitamins interests some people. Although Lt. Farling does not recommend doing so, she did say that some children may need the extra vitamins. Check with your family doctor or pediatrician before giving your children any multi-vitamin.

Being responsible for your family's health is a large task. It begins with a proper, well-balanced diet based on the four food groups. It is important to remember that children are children and their likes and dislikes change often. Don't give up on a particular food, vegetables for example, nor ignore it completely. Be clever and persistent and your children can and will eat healthily. Start today to shape up your family's diet and learn to enjoy good food!

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Seven Steps to Better Nutrition

We are all interested in being healthy and living well. A healthy body as well as a healthy mind, help us to function well as individuals. Maximize your chances for good health by following these seven dietary guidelines.

1. Eat a variety of foods. — No single type of food can provide you with all the necessary nutrients your body needs. By eating a variety of foods selected from the Four Basic Food Groups — Meat, Milk, Fruit and Vegetable, and Grains and Cereals — you can be assured of consuming the correct amount of vitamins, proteins and other nutrients. You also will decrease your need for vitamin or mineral supplements.

2. Maintain ideal weight. — Most of us could stand to lose some weight and some of us more than others. One pound of fat contains 3500 calories. You must burn 3500 calories more than you consume in order to lose

one pound of fat. By burning 500 calories more a day than you consume, you can lose one pound of fat a week. To do this:

- a. Eat slowly, prepare smaller portions and don't eat second helpings.
- b. Increase physical activity.
- c. Eat less fat, sugar and alcohol.

3. Avoid too much fat, saturated fat and cholesterol. — You have a greater risk of having a heart attack if your blood cholesterol level is high. Choose lean meats, fish and poultry, lower your use of eggs, butter, cream and other fats.

4. Eat foods with adequate starch and fibers. — Fiber is a necessary ingredient in everyone's diet. Eating plenty of fruits and vegetables and whole grain breads and cereals will assure you of getting the amount of fiber you need in your diet.

5. Avoid too much sodium. — Excessive sodium is a danger for

persons with high blood pressure. By reducing the amount of sodium in your diet you can add to your chances of not having high blood pressure. Eliminate salty foods such as chips, pickled foods, condiments and cured meats and reduce your use of table salt at meals.

6. Avoid too much sugar. — Sugar is a major cause of tooth decay. Also, eliminating as much sugar as possible in your diet will help you maintain your ideal weight. Avoid foods with a great deal of sugar — candy, soft drinks, cookies and canned fruits packed in heavy syrups.

7. Drink alcohol in moderation. — Alcoholic beverages are high in calories, but also low in other nutrients. Hazardous effects from alcohol can be controlled by limiting your intake of alcohol to two ounces a day. Curtailing your consumption of alcohol will also help you in maintaining your ideal weight.



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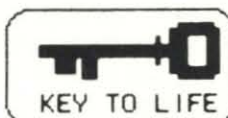
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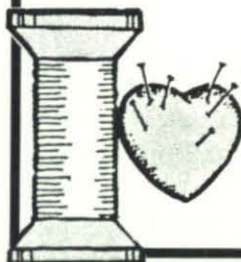
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